



New Impact: A healthy lifestyle program

Prisma Health Children’s Hospital–Upstate offers New Impact, a healthy lifestyle program, for children and adolescents up to age 18. Our multidisciplinary weight management team empowers children to develop active, healthy lifestyles by focusing on the eating and exercise behavior of the entire family.

Through our partnerships with Upstate YMCAs, Clemson University and Furman University, we are excited to offer you the following services, which are individualized for each family:

Medical

- Physician-supervised weight management
- Surgical weight-management consultation and referral available for interested adolescents

Nutrition

- Individual and/or group visits with a registered dietitian
- Monthly group cooking demonstrations

Exercise

- Personalized goals to help families achieve a more active lifestyle
- Optional two- or three-month YMCA family membership at a reduced rate; includes individual visits with a YMCA wellness coach at participating locations (YMCA program participation is required for adolescent surgical candidates)

For more information, call **864-522-2100** or visit ghschildrens.org/new-impact.

PrismaHealth.org

